



## News Release

For Immediate Release  
Thursday, October 12, 2006  
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### **Helping Hand for Worksite Wellness**

*New Mini-Grant Program will Help Employees be Healthier*

(Salt Lake City, UT) – The Utah Council for Worksite Health Promotion (UCWHP), in partnership with Regence BlueCross BlueShield of Utah, is now offering mini-grants to seven private Utah businesses. The funds are being offered to start wellness programs for employees.

The \$3000 to \$5000 mini-grants will be awarded as seed money for non-governmental, private companies to jump-start their employee wellness efforts. The application is short, simple and easy to understand.

“Qualifying companies must have 100 to 500 employees, and be able to obtain support for a wellness program from their top management,” said LaDene Larsen, director of the Bureau of Health Promotion at the Utah Department of Health (UDOH).

With the support of the UCWHP, grant recipients will first be required to establish a “wellness committee.” This group will oversee the wellness program efforts. Next, the company must conduct an employee needs assessment, which helps to determine the immediate health concerns among workers. Finally, that data is used to create an “employee wellness plan.” Plans could include things like creating an onsite fitness center, making stairwell improvements to encourage use, purchasing Automated External Defibrillators, and installing bicycle racks.

“We want companies to create an environment that supports employee health,” said Larsen. “Doing so can help companies decrease health care costs, reduce absenteeism, and increase productivity.”

Companies interested in applying for a UCWHP mini-grant can download the grant information at [www.health.utah.gov/worksitewellness](http://www.health.utah.gov/worksitewellness) or contact Mary Ann Eads at (801) 538-6141.

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*The mission of the Utah Department of Health is to protect the public's health through preventing avoidable illness, injury, disability and premature death; assuring access to affordable, quality health care; and promoting healthy lifestyles.*